

# THE LANTERN



The Official Newsletter of the Northeast Region Staff College Civil Air Patrol

Monday July 12, 2010

http://nersc.nhplm.org

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PAO/ Editor: Lt Col Paul Mondoux

Http://nersc.nhplm.org

### Student's and Staff Survive the First Day at NERSC

The Day began with a an early staff meeting and the students arrived for a C 17 Tour. Immediately after the tour all were taken to the NCO Academy for the official opening ceremonies for the NERSC 2010. Following the Opening ceremonies all were released for lunch. All returned for a 1300 Lecture on Safety—ORM given by Lt Col Paul Mondoux.



Finally after all the issues General Assembly was performed in the Auditorium. The Director and Staff greeted the Students and general information was given out for the School.







SAFETY Is of Utmost importance

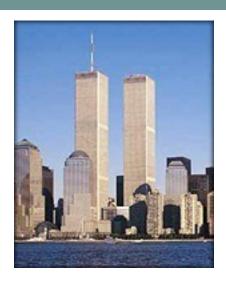
Do not compromise safety for any reason

Report any problems to Lt Col Christine St Onge And Lunch Finally !!!!!!!



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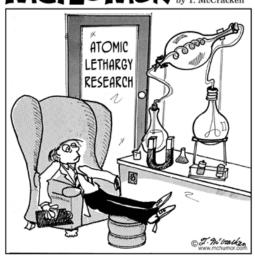




OK so now what are we doing here?







I think this is suppose to be here.



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#### REMINDER



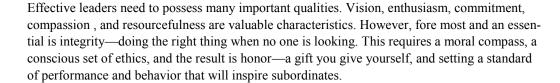


Articles for the Lantern are

Welcomed and encouraged. All Students are encouraged to submit their thoughts and Ideas for publication.

Articles will only be accepted in Electronic format and must be submitted before 1500 hours each day.

Lt Col Paul Mondoux



Wearing a uniform declares your membership and implies some authority. Integrity is the guarantee that authority is deserved and won't be abused. The outcome is the loyalty of your subordinates and the accomplishment of your leadership goals.

#### **Over the Counter Medications**

We are in the midst of a difficult time for many individuals. This is Have fever and Allergy. With that in mind many of us in an attempt to relieve the all popular symptoms take a variety of Over the Counter Drugs.

Whether medicine is prescribed by a doctor or is an over-the-counter medication that you have selected, as a pilot you must consider the effect it will have on your performance.

When you are given a prescription, your doctor explains the possible side-effects of the medication you are about to take. Your pharmacist also outlines them when filling the prescription.

However, when you treat yourself with a non-prescription medication, you become your own doctor and pharmacist. Therefore, you must inform yourself of the possible adverse reactions that you might encounter. The following will help you understand some of the basics that you will need to successfully accomplish this task.

#### **OTCs Defined**

Over-the-counter medications (OTCs) are any legal, non-prescription substance taken for the relief of discomforting symptoms. This may include capsules, tablets, powders, or liquids.

#### **Summary Advice**

READ and follow label directions for use of medication.

If the label warns of side-effects, do not fly until twice the recommended dosing interval has passed. So, if the label says "take every 4-6 hours," then wait at least 12 hours to fly.

Remember, the condition you are treating may be as disqualifying as the medication.

When in doubt, ask your physician or Aviation Medical Examiner for advice.

If an illness is serious enough to require medication, it is also serious enough to prevent you from Driving or flying.

Do not fly if you have a cold or congestion due to allergies - changes in atmospheric pressures with changes in altitude could cause serious ear and sinus problems.

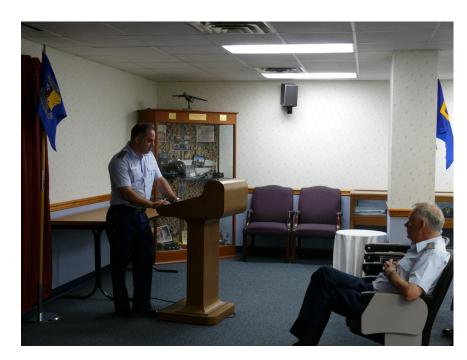
Avoid mixing decongestants and caffeine.

Beware of medications that use alcohol as a base for the ingredients.



Stretch. Simple stretches throughout the day can help make your back more flexible and strong. "The most important thing I learned is that soldiers watch what their leaders do. You can give them classes and lecture them forever, but it's your personal example they follow"

**General Colin Powell** 



## It was this BIG !!!!!!!!



The importance of keeping Hydrated can not be overlooked "DRINK PLENTY OF WATER"

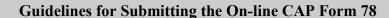




Ye Three Kings



" Safety takes no time off we all are safety officers and must be safe in all that we do."



When entering data and reporting using the on-line form 78 Too often the reporting member enters long drawn out excuses for the incident and far too much irrelevant information

Remember the details of the incident are the job of the investigator.

For example if you are reporting that a cadet fell while attending an event, simply put: "Cadet fell and cut knee. First aid administered and cadet sent home with parent." The names, the event and location are other entries on the form. Also, please check your spelling and grammar before clicking the "submit" button.

Another example, which was submitted sounded more like a lengthy taxi clearance across ORD that ended with the statement that one of the aircraft's main tires went flat while taxiing.

In this case the report should simply have stated: "While taxiing N123CP at XXX the left main tire deflated







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#### Prevent Back Injuries Lt Col Paul Mondoux



Back pain is second only to the common cold on the list of reasons Americans go to the doctor. Sprains and strains to the back are preventable. Unfortunately, most people don't worry about their back until it's already hurting them. It's important to start treating your back properly right away. Take the following steps to protect your back.

- Maintain proper posture. Having the correct posture while sitting, standing, and sleeping is an important part of keeping you back pain free. While sitting, make sure your lower back gets sufficient support. If you sit for long periods of time, get up and walk around about every hour, trying a few simple stretching exercises. If you stand all day, every once in a while, bend over and touch your toes, bending at the knees. Sleeping on you stomach places too much stress on your back, but if you must, be sure to place a small pillow underneath your abdomen. Buy a mattress with good back support that's also comfortable.
- **Lift properly.** Improper lifting of heavy objects causes many back injuries. If you must lift a heavy object, take some time to prepare. When lifting or moving a load:

Always bend at the knees - never at the waist

Keep the object close to your body

Don't twist your body

Avoid lifting over your head or over an obstruction

Get a good grip on the object. Clean and dry surfaces are easier to handle than wet and greasy ones.

If possible, divide a heavy load into several smaller ones

When lifting below chest level, keep your lower back curve locked in position. When lifting above chest level, tighten your abdomen to place less of the load on your spine.

When moving the object, push it instead of pulling it

Make sure you're footing is secure. Do not lift objects that obscure vision and footing

Lift smoothly and slowly. Do not jerk the load

Whenever possible, use a cart or dolly to carry the object

If the load is too heavy, ask for help

If possible, divide a heavy load into several smaller ones

• **Stretch.** Simple stretches throughout the day can help make your back more flexible and strong. Try to do these every hour, holding each for about five seconds.

While standing, place your hands on your lower back and lean backward, without tipping your head backward

Stretch your hamstrings - those muscles in the back of your thigh that help keep your back mobile. While sitting or standing and leaning against something, bend one leg up, hold your thigh and straighten the leg

While sitting, bend your chest down to your thighs to stretch the muscles and unload the joints at the base of the spine

• **Exercise.** Exercising back muscles can strengthen and protect the muscles, helping to prevent injuries. Of particular importance are the abdominal muscles.

Try walking briskly for about 30 minutes a day, four times a week

Swimming is a great way to strengthen the abdominal muscles and leg muscles. It also takes the pressure of gravity off of your back

Various at-home abdominal exercises can also help keep your back strong. You can ask your doctor or qualified gym instructor to show you some special back strengthening exercises.



## THE LANTERN



O Northeast Region Staff College- Daily Schedule

1900 2100	1700	1530 1600	1430 1500	1330 1400	1200 1300	1100 1130	1000	0900	0830	0600 0745	
Students Register at ALS	Staff: Dining Out			Students	Lunch	Meeting at ALS	Staff:		Breakfast		Saturday 10-Jul
Dinner Lecture Formation/Insp. Customs/Curtesies	Flag Lowering	Lecture Group Dynamics	Officership	Lecture Safety & ORM Paul	Lunch	Opening Ceremony	C 17 Tour	Students Report to ALS	Staff: Meeting at ALS	Breakfast	Sunday 11-Jul
Dinner Seminar After Dark	Retreat Practice Flag Lowering	Seminar Effective Comm	<b>Lecture</b> Public Speaking	Seminar Managerial Comm	Lunch	Lecture Managerial Comm	Seminar Human Relations	Lecture Human Relations	Formation Gen. Assembly	Breakfast Home Room	Monday 12-Jul
Dinner Seminar After Dark	Seminar Problem Solving	Lecture Problem Solving Critical Thinking	<b>Seminar</b> Goal Setting	Lecture Goal Setting	Lunch	Lecture Time Management	Lecture Team Development	Paul Lecture CAP Written Comm	Gen. Assembly	Breakfast Home Room	Tuesday 13-Jul
Picnic at Dix Rec Center	Prepare Picnic	Seminar Leadership Students	Joe	Lecture Leading Volunteers	Lunch	Lecture Leader-Follower Dynamics	Break	Lecture Activity Planning Dick	Gen. Assembly	Breakfast Home Room	Wednesday 14-Jul
Dinner Seminar After Dark	Seminar Student Photos Keystone Project Presentations	Lecture ES Topic Gary	Functions of Management	Vehicle Reporting  Lecture	Lunch	<b>Lecture</b> Global Diversity	10-Minute Speeches	Seminar Room Student	Formation Gen. Assembly	Breakfast Home Room	Thursday 15-Jul
Social Activity Dining Out (Dix)	Students Dismissed to Prepare for Dining Out	& Practice  Lecture  Dining Out Inst.	Barry Lecture Graduation Inst.	Annette Lecture Introduction to AFIADL	Lunch	Sandy Lecture Using E-Services Management Tools	(Lecture Hall) Gary	Lecture Keystone Project Briefings	Formation Gen. Assembly	Breakfast Home Room	Friday 16-Jul
Enjov Summer!					Meeting at ALS	Students Depart McGuire Staff:	Graduation	Seminar ALS Building Clean-up Final Evaluations	Lodge Checkout	Breakfast	Saturday 17-Jul
1730 1800 2100	1630 1700	1530 1600	1430 1500	1330 1400	1200 1300	1100 1130	1000	0900	0830	0600 0745	